

ACTIVE Sports is ACTIVE Life's middle- and high-school physical activity-based after school program. ACTIVE Sports (AS) is a sports program that provides sport-specific skill development, fun sports challenges, and game time. Additionally, AS incorporates daily fitness, nutrition, and respect concepts into the lessons. These topics are presented in an interactive manner via instructor-lead discussions.

Another key element of the AS program is the inclusion of character education via the utilization of leadership roles in the class activities as well as the formal games. The classes are divided into teams and each team has multiple leadership roles such as team captain, trainer/scout, professor, drill leader/scorekeeper, and equipment manager. The individuals in these roles have significant responsibilities in running the warm ups and cool downs, drills, and games. These responsibilities grow as the class progresses through the lessons.

At the conclusion of each sport's ten lessons a tournament is held that brings together various nearby AI classes to participate in fitness, nutrition, and respect knowledge contests, challenges and tournament games.



Activities Offered

- Soccer
- Basketball
- Floorball
- Ultimate Disc
- Handball
- Speedball
- Football



Fitness, nutrition, and respect topics are presented in a unique, interactive manner. Each day the instructor presents the class with a scenario that challenges the students to determine the ACTIVE course of action. The instructor asks questions that inspire introspection relative to the topic and facilitate the discussion. The topic for the day is reinforced via ACTIVE Missions. ACTIVE Missions are given to the students at the end of each class as take-home challenges related to the topic of discussion that day.

Fitness/Nutrition/Respect Topics

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|--------------------------------|---------------------------|----------------------------|-----------------------|
| • Reasons for Eating | • Sun Protection | • Fat | • Smoking |
| • Nutrients | • Food Labels | • Sleep | • Setting |
| • Warm Ups/ Cool Downs | • Serving Sizes | • Exercise Recommendations | • Exercise Goals |
| • Respecting/ Accepting Others | • Small, Frequent Meals | • Breakfast | • Respecting Property |
| • Protective Gear | • Cardiovascular Exercise | • Stress | • Heat Safety |
| • Importance of Water | • Strength Exercise | • Sodium | • Creative Fitness |
| • Food Groups | • Flexibility Exercise | • Candy/ Sweets | |
| • Sportsmanship | • Carbohydrates | • Soda | |
| | • Protein | | |